



GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

Activity Report

Women Empowerment Cell



2021-22



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Activities Report

Women Empowerment Cell

Session 2021-22

Guru Nanak College, Budhlada
Women Empowerment Cell

Affiliated to Punjabi University, Patiala
NAAC ACCREDITED 'A' GRADE
Selected under 'star College Scheme' DBT, GOI
Skill Hub institute selected by NSDC, Govt. of India

Awareness Programme
on
"Safe Food for Healthy Life"
WORLD HEALTH DAY
on
World Health Day, 2022
7th April, 2022

Honorable Guest Eminent
Dr. Sangeeta
Head and Assistant Professor
Department of Food Processing
Guru Nanak College, Budhlada

Co-Conveners Dr. Neena Brar Neelam Rani Amrinder Kaur	Convener Dr. Nisha Mann	Chief Patron Dr. Kuldip Singh Bal (Principal)
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Activities of Women Empowerment Cell

Session 2021-22

World Health Day (7th April 2022)

To make the students realize that good health is an evitable part of our lives, Women Empowerment Cell celebrated “**World Health Day**” on 7th April’ 2022. Students were made aware that we should take utmost care of our health by eating healthy food and avoid eating junk and fried food. Dr. Sangeeta, Head of Food Processing Department, gave a lecture on the same and shared her valuable views with the students.





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COMMUNICATION SKILLS:- A WAY TO STRENGTHEN CONFIDENCE AND BUILD STRONG PERSONALITY

Date: (18th April' 2022)

To make the students competitive, both nationally and internationally, Women Empowerment Cell organized a lecture on "Communication Skills" dated 18th April' 2022. Dr. Rupinderjeet Kaur, Head of English Department, shared her valuable views on the immense significance of effective communication skills. The students were encouraged and made aware that clarity and effective communication is vital for the accomplishment of goals.





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JAM: JUST A MINUTE ACTIVITY (20.04.2022)

Women Empowerment Cell organised “Just a Minute Activity (JAM)” dated 20th April’ 2022 to strengthen the confidence of the students and make them more expressive. The students were given the topic extempore which further exhibited their innovativeness and enhanced their mental outlook.





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Lecture on Legal Empowerment of Women (26th April'2022)

To make the girl students aware of their legal and constitutional rights, Women Empowerment Cell organized a lecture on “Legal Empowerment of Women” dated 26th April' 2022 that made students aware of various sections of law under which they can file a petition and pursue legal proceedings. They also made the students aware about various self-defense techniques and encouraged their mental outlook towards life.





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Activity on the Importance of Martial Arts (7th May' 2022)

Women Empowerment Cell organized an activity on the importance of martial arts dated 7th May' 2022. The students were made aware of various defensive techniques which can be adopted in times of need and can protect themselves from the mishappenings. Mrs. Shalu, Judo Coach, taught them practically and made them confident.

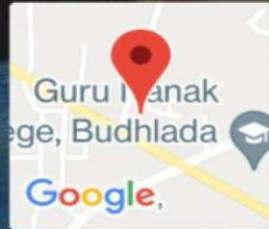




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Talwandi, Punjab, India
Guru Nanak College, Budhlada
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Long 75.565771°
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GPS Map Camera



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SLOGAN WRITING AND POSTER MAKING COMPETITION (7th May' 2022)

Women Empowered Cell organized a slogan writing and poster making competition on the topic "Importance of Mothers" dated 7th May' 2022 for the holistic development of students. Students participated with great enthusiasm and showed their skills.





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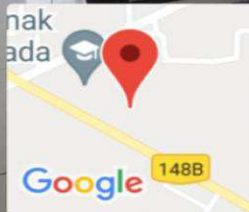




GURU NANAK COLLEGE BUDHLADA

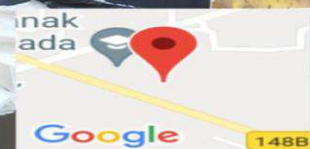
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Talwandi, Punjab, India
WHM9+4JR, Talwandi, Punjab 151502, India
Lat 29.932659°
Long 75.568676°
07/05/22 11:47 AM

GPS Map Camera



Talwandi, Punjab, India
WHM9+4JR, Talwandi, Punjab 151502, India
Lat 29.932672°
Long 75.568535°
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GPS Map Camera



Awareness Program on Women Equality Day (27th August' 2022)

Women Empowerment Cell organized an awareness program on “Women Equality Day” dated 27th August' 2022 to make the students aware of the importance of Women equality. Dr. Rupinderjeet Kaur, Head of English Department, made the students feel that women are not less than men in any aspect of life. A woman can do each and everything what a man can. She inculcated the spirit of self-confidence amongst the students.



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